



NUTRITION SURVIVAL GUIDE TO

# KRISPY KREME

CALORIES AND MACRONUTRIENTS

2021

[WWW.PDFITNESSANDNUTRITION.CO.UK](http://WWW.PDFITNESSANDNUTRITION.CO.UK)

- 1-200 CAL
- 201-300 CAL
- 301-400 CAL
- 401-500 CAL
- 501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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## DOUGHNUTS

Original Glazed	200	3.1	27.6	1.2	12.6	8.3	0.24
Chocolate Sprinkles	262	3.3	39.3	1.3	23.2	9.9	0.26
Chocolate Iced Ring	237	3.3	34.8	1.9	21.5	9.1	0.26
Caramel Iced Ring	257	3.1	38	1.2	21.7	10	0.28
Strawberry Iced Ring	259	3.2	37.8	1.2	21.7	10.3	0.26
Original Filled Kreme	308	2.9	42.7	0.7	26.1	14.1	0.24
Original Filled Chocolate	294	3.5	39.8	1.5	23.7	12.9	0.28
Original Filled Caramel	267	3.6	40.9	1.2	23.2	9.6	0.32
Original Filled Speculoos	301	3.3	39.7	1.3	22.4	14.1	0.31
Chocolate Dreamcake	351	5.4	47.7	3.1	25.9	14.6	0.40
Glazed Raspberry	324	5.3	43.4	2	19.9	13.9	0.41
Glazed Lemon	295	4.1	42.4	1.6	21.3	11.7	0.42
Nutty Chocolatta	379	5.8	40.8	1.9	16.4	21	0.36
Apple Crumble	353	5	52.7	1.1	22.4	13.9	0.45
Strawberries & Kreme	358	4.3	46.5	1.5	22.4	17.6	0.41
Reese's Peanut Butter	409	8.9	45.4	2.6	20.6	21.8	0.60
Chocolate Custard	289	5	41.1	2.3	19.3	11.1	0.43
Lotus Biscoff	396	6.1	44.5	2.4	15.3	21	0.53
OG Bites (1 serving = 3 bites)	138	2.2	19.1	0.8	8.7	5.7	0.20
Mini Original Glazed	96	1.5	13.3	0.6	6.1	4	0.10
Mini Chocolate Sprinkles	123	1.5	18.5	0.6	10.9	4.7	0.10
Mini StrawberrySprinkles	122	1.5	18.4	0.6	10.7	4.5	0.12

## LIMITED EDITION DOUGHNUTS

Nutty Chocolatta Heart	375	5.8	40.3	1.9	16.3	20.7	0.35
Nutty Filled Berry Ring	332	4.7	35.5	1.2	19.2	19.1	0.28
Lemon Meringue	344	6.7	33.6	1.5	16	20.2	0.39
Happiest Doughnut	388	3.7	50.7	1.6	25.5	18.6	0.40
Caramel Sensation	372	5	47.1	1.4	22.6	18.6	0.43
Leprauchaun (St Patrick's - IRE only)	365	4.7	51.6	1.5	26.3	15.9	0.43

## MILKSHAKES

Strawberries & Kreme Shake	515	10.9	86.9	0	82	14	0.40
Chocolate Kreme Shake	515	11.9	83.4	0	78.1	14.8	0.50
Lotus Biscoff Kreme Shake	521	11.7	74.4	0	78	14.7	0.50
Oreo Kreme Shake	555	11.5	94.2	0	82.1	14.9	0.59

## LEMONADE

Traditional Lemonade 12oz	69	0	15.5	0	15.5	0	0.00
Traditional Lemonade 16oz	91	0	20.7	0	20.7	0	0.00
Pink Lemonade 12oz	124	0.1	29.3	0	29.3	0	0.00
Pink Lemonade 16oz	171	0.1	40.3	0	40.3	0	0.00

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### FRUIT CHILLERS

Mango Chiller 12oz	202	0.2	49	2	49	0	0.00
Mango Chiller 16oz	269	0.2	65.3	1	65	0	0.00
Strawberry Chiller 12oz	274	0.5	67.1	2	67.1	0	0.00
Strawberry Chiller 16oz	365	0.7	89.5	2	89.5	0	0.00

### COFFEE CHILLERS

Plain Coffee Chiller 12oz	113	6	15	1.8	9.5	5.7	0.10
Plain Coffee Chiller 16oz	151	8	21	2.3	12	7.5	0.10
Mocha Chiller 12oz	210	6	27	1.8	9	5.7	0.10
Mocha Chiller 16oz	280	8	35	2.4	12	7.5	0.10
Caramel Latte Chiller 12oz	210	6	26	1.8	9	5.7	0.10
Caramel Latte Chiller 16oz	280	8	36	2.4	12	7.5	0.10

### ICED COFFEE

Iced Coffee 12w	113	6	15	1.8	9.5	5.7	0.10
Iced Coffee 16oz	151	8	20	2.3	12	7.5	0.10
Mocha Iced Coffee 12oz	210	6	26	1.8	9.5	5.7	0.10
Mocha Iced Coffee 16oz	280	8	35	2.4	12	7.5	0.10
Caramel Latte Iced Coffee 12oz	210	6	26	1.8	9.5	5.7	0.10
Caramel Lattelced Coffee 16oz	280	8	35	2.4	12	7.5	0.10

### HOT DRINKS

Flat White 8oz	88	6	10	1.13	8	2.5	0.10
Latte 12oz	132	9.3	15	1.7	12	3.8	0.20
Latte 16oz	169	11.9	19	2.2	16	4.8	0.30
Cappuccino 12oz	111	7.9	11	1.4	10	3.7	0.70
Cappuccino 16oz	133	9.5	13	1.7	12	4.4	0.80
Mocha 12oz	192	9	23	2	9	12.7	0.20
Mocha 16oz	247	11.6	29	2.6	12	16.3	0.20
Black Americano 12oz	34	3.6	5	1.4	3	1.4	0.10
Black Americano 16oz	46	4.9	6.7	1.9	4.1	1.9	0.10
Hot Chocolate 12oz	234	9.1	26.4	1.8	25.5	9.7	0.20
Hot Chocolate 16oz	359	14	40.7	2.8	39.3	15	0.30
Tea with milk	37	2.8	3.5	1.6	2.8	1.6	0.10

### ICE KREME

Ice Kreme solo	240	6.2	30.4	0	30.4	10.4	0.20
Ice Kreme with caramel sauceand shortbread	319	6.9	45.7	0	38.5	11.5	0.20
Ice Kreme with chocolate sauce and shortbread	313	7	45.8	0	45.1	11.1	0.20
Ice Kreme with caramel sauce /shortbread & bites	453	9	64.2	0.8	47	17.1	0.40
Ice Kreme with chocolate sauce /shortbread & bites	448	9.1	64.4	0.8	53.5	16.7	0.40
Ice Kreme with chocolate sauce /shortbread & Original Glaze Ring	363	6.2	54.4	1.2	38.7	12.9	0.40



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## DOUGHNUTS - NATIONWIDE DELIVERY (UK ONLY)

Assorted Ring Dozen	-	-	-	-	-	-	-
Chocolate Sprinkles Dozen	262	3.3	39.3	1.3	23.2	9.9	0.26
OG Dozen	200	3.1	27.6	1.2	12.6	8.3	0.24
OG Vegan Dozen	200	3.1	27.6	1.2	12.6	8.3	0.24
Caramel Iced Dozen	257	3.1	38	1.2	21.7	10	0.28
Krerne Filled Dozen	308	2.9	42.7	0.7	26.1	14.1	0.24
6 Personalised OG With White Icing Letters	220	3.2	32.7	1.2	17.6	8.3	0.25